

## SHELBY COUNTY JAIL JULY 2021 MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>1</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>-Chicken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink.  <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p><b>2</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink</p>	<p><b>3</b>  <b>BFAST</b>- egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>4</b>  <b>BFAST</b> egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>5</b>  <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- chicken nuggets, turnip green, black beans, peas &amp; carrots, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken pasta salad, salad, dressing pack crackers, gelatin, vit. c drink</p>	<p><b>6</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken&amp;rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink</p>	<p><b>7</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- hamburgers, baked beans,coleslaw, gelatin, Vit.c drink.  <b>DINNER</b>- Corndog, black beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>8</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Beef stew, greens, cornbread, gelatin, vit. c drink  <b>DINNER</b>- Chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.</p>	<p><b>9</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink..  <b>DINNER</b>- beefaroom &amp; rice, navy beans, cornbread, gelatin, vit. c drink</p>	<p><b>10</b>  <b>BFAST</b>- egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>11</b>  <b>BFAST</b> egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- sausage and rice, blackeye peas,cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>12</b>  <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken pasta salad, salad, dressing pack crackers, gelatin, vit. c drink</p>	<p><b>13</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Spanish rice &amp; chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink.  <b>DINNER</b>- Corndog, pinto beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>14</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>-pizza, hominy, coleslaw, gelatin, Vit.c drink.  <b>DINNER</b>- chicken nuggets,greens, navy beans, peas &amp; carrots, gelatin, Vit.c drink.</p>	<p><b>15</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>-Chicken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink.  <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p><b>16</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink</p>	<p><b>17</b>  <b>BFAST</b>- egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>18</b>  <b>BFAST</b> egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Chicken broccoli rice, sweet potato half, blackeye peas,cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>19</b>  <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- chicken nuggets, turnip green, black beans, peas &amp; carrots, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken pasta salad, salad, dressing pack crackers, gelatin, vit. c drink</p>	<p><b>20</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken&amp;rice, black eye peas, sweet potato half, cornbread, gelatin, Vit.c drink</p>	<p><b>21</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- hamburgers, baked beans,coleslaw, gelatin, Vit.c drink.  <b>DINNER</b>- Corndog, black beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>22</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Beef stew, greens, cornbread, gelatin, vit. c drink  <b>DINNER</b>- Chicken patty, mashed potatoes, green beans, cornbread, gelatin, vit. c drink.</p>	<p><b>23</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink..  <b>DINNER</b>- beefaroom &amp; rice, navy beans, cornbread, gelatin, vit. c drink</p>	<p><b>24</b>  <b>BFAST</b>- egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>
<p><b>25</b>  <b>BFAST</b> egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- sausage and rice, blackeye peas,cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chili, mashed potatoes, mixed vegetables, cornbread, gelatin, vit. c drink.</p>	<p><b>26</b>  <b>BFAST</b> sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Jambalaya, rice, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- Chicken pasta salad, salad, dressing pack crackers, gelatin, vit. c drink</p>	<p><b>27</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>- Spanish rice &amp; chicken, refried beans, corn, flour tortillas, gelatin, Vit.c drink.  <b>DINNER</b>- Corndog, pinto beans, peas &amp; carrots, gelatin, vit. c drink.</p>	<p><b>28</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>-pizza, hominy, coleslaw, gelatin, Vit.c drink.  <b>DINNER</b>- chicken nuggets,greens, navy beans, peas &amp; carrots, gelatin, Vit.c drink.</p>	<p><b>29</b>  <b>BFAST</b>- egg patty, cheese grits, biscuit, milk.  <b>LUNCH</b>-Chicken broccoli rice, northern beans, corn, cornbread, gelatin, Vit. c drink.  <b>DINNER</b>- chicken patty, mashed potatoes, green beans, cornbread, gelatin, Vit.c drink</p>	<p><b>30</b>  <b>BFAST</b>- sausage link, gravy, grits, biscuit, ice water.  <b>LUNCH</b>- Meatballs, Rice, Gravy, carrots, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken pasta salad, salad mix, dressing pack, crackers, gelatin, vit.c drink</p>	<p><b>31</b>  <b>BFAST</b>- egg patty, biscuit, grits, ice water.  <b>LUNCH</b>- Spaghetti, corn, cornbread, gelatin, Vit.c drink.  <b>DINNER</b>- chicken &amp; noodles, lima beans, cornbread, gelatin, vit. c drink</p>

\*\*\*\*Menu is subject to change without notice\*\*\*\*